

STRESS TEST

SESSION I

By adding up the point values of events you've experienced in the past year, you can determine whether you are at increased risk of illness or serious depression.

Death of a spouse	100	Child leaving home	29
Divorce	73	Trouble with in-laws	29
Marital separation	65	Outstanding personal success	28
Deployment	65	Spouse begins or stops work	26
Jail term or confinement	63	Begin or end school	26
Death of a close family member	63	Change in living conditions	25
Personal illness or injury	63	Change in personal habits	24
Marriage	50	Trouble with boss	23
Fired from a job	47	Change in work hours or conditions ...	20
Marital reconciliation	45	Change in residence or relocation	20
Reunion	45	Change in schools	20
Retirement	45	Change in reaction	19
Health change in a family member ...	44	Change in church activities	19
Pregnancy	40	Change in social activities	18
Sexual difficulties	39	Mortgage or loan less than \$50,000 ...	17
Gain of a new family member	39	Change in sleep habits	16
Business readjustment	39	Change in the number of family members	16
Change in financial state	38	Gatherings	15
Death of a close friend	37	Change in eating habits	15
Career change	36	Vacation	13
More arguments with spouse	35	Christmas	12
Mortgage or loan more than \$50,000	31	Minor violation of the law	11
Foreclosure	31		
Change in job responsibilities or promotion	29		

Scoring

0-149	Mild life stress	30% chance of illness
150-299	Moderate life stress	50% chance of illness
300+	Major life stress	80% chance of illness

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